

# lite'n up

Building a Healthy Attitude  
Towards Food and Fitness



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This 8-week behavior modification program for both men and women provides participants with the tools to select healthy foods and incorporate exercise into their daily lives. Unlike many programs that promote a "quick fix" for weight loss, Lite'N Up encourages gradual changes in attitudes and behaviors related to nutrition, exercise and wellness. By incorporating these changes, participants are able to improve their health and effectively manage their weight. Cost: \$165 for NIFS members or 3 installments of \$55; \$195 for non-members or 3 installments of \$65 (A \$55 non-refundable fee is collected at sign up).

## Program Features

- Nutrition, exercise, and wellness educational sessions.
- Instruction by registered dietitians and certified fitness instructors.
- Supervised exercise sessions utilizing the unique Fitness Center at NIFS.
- Personal nutrition coaching, fitness evaluations and workout plans.
- Healthy snacks and recipes.
- Cooking demonstration and grocery store tour.
- Guest members receive a membership to the NIFS Fitness Center during the program and a discount if they join within 30 days after the program.

## 2012 Lite 'N Up Schedule

**Program is offered twice a year—8 week sessions.**

Tuesday nights March 20–May 8

Tuesday nights September 18–November 6

**Each class runs 90 minutes in length (6-7:30 pm).**

- 45 minutes with a registered dietitian focusing on a nutrition topic and enjoying a healthy snack
- 45 minutes with a Health/Fitness Specialist (HFS) focusing on a new exercise activity

**Emphasis will be on healthy cooking and planning/actual moving and activity**

**Class 1:** Choose My Plate Introduction/Facility tour

**Class 2:** Choose My Plate/Building Your Cardiovascular Fitness/Fitness At Home

**Class 3:** Healthy Eating on the Go/ Balanced Nutrition/ Circuit Training

**Class 4:** Meal Planning/In the Kitchen 101/ The Savvy Shopper /Flexibility Training

**Class 5:** Grocery Store Tour

**Class 6:** Skinny on Fat/Stress Address/Getting Started With Yoga

**Class 7:** Cooking Demo/ Indoor Cycling

**Class 8:** Breaking the Behavior Chain/Barriers to Weight Loss/Training with Tubes/ Pitch-In/Graduation

